From the M4 J29
Leave the M4 at Junction 29 (signed Cardiff (E&B) & A48M). Join the A48M and continue onto the A48 for 4 miles. Leave the A48 at the Llanedeyrn interchange. (signed A4161, Docks, Cardiff East), take the first exit onto the A4161 (Southern Way). Move into the right hand lane. Pass the David Lloyd Fitness Centre on the right, and follow signs for the A4232 and Cardiff Docks. Continue over the flyover to the next roundabout. Take the second exit onto Rover Way. Continue on Rover Way, continue over 2 small roundabouts until the roundabout junction with Ocean Way. Take the second exit at the roundabout onto Ocean Way, then take first exit off the next roundabout. Continue over a further small roundabout continuing on Ocean Way. Turn left onto Nettleford Road. Turn Left onto Vanguard Way. Our offices are located on the left.

By Train
Cardiff Central station is served by trains from London Paddington, Reading, Swindon, Bristol, Newport and Swansea. Taxis are available at the station. For further information about train times and fares, please telephone the National Rail Enquiries Line on 08457 48 49 50.

By Bus
The Bay Circle bus stops on Ocean Park. For further information about bus times and fares visit www.cardiffbus.com